



DC Health Vision: To be the healthiest city in America

DC Health Mission: The District of Columbia Department of Health promotes health, wellness and equity across the District, and protects the safety of residents, visitors and those doing business in our nation's capital.

The logo for Living Well DC, with the word "LIVING" in a large, bold, black, sans-serif font above the words "WELL DC" in a smaller, black, sans-serif font.

Living Well DC is a DC Health project that works collaboratively with health providers and community-based organizations to build health literacy and capacity throughout DC. Our mission is to improve the health outcomes of all DC residents and support the organizations and health professionals that are helping achieve this.

ABOUT THE HEALTH JOURNAL

The health of DC residents is important. Good health improves your happiness and well-being, it contributes to prosperity and wealth and even economic progress, as healthy populations are more productive, save more and live longer. We want you to be healthy, we want you to understand your health so you and your loved ones can have a better quality of life.

DC Health has created and designed this journal for DC residents as a tool to improve health outcomes and help you when it comes to understanding your personal health. This journal has information that can help you and serves as a place to keep your important notes and records.

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Stay Healthy

You have control over your health. Healthy living raises the chances you'll be there for your family and friends for many years to come.

Use your health plan when you are sick and when you are well, to help you live

a long, healthy life. While using your health plan is important, there's no substitute for living a healthy life.



Here's what you can do to put your health and well-being first:

- Take an active role in your health.
- Don't smoke.
- Get the routine care that is right for you.
- Learn more about what you can do to stay healthy and share what you learn with your family and friends.
- Make time for staying active, healthy eating, and rest.